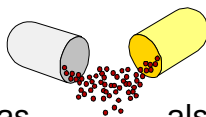


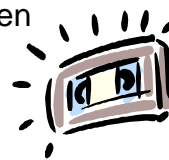
Club Drugs: GHB Q&A

What is GHB? GHB stands for gammahydroxybutyrate, or gammahydroxybutyric acid. It is a colorless and odorless liquid, and has a salty taste. It can also come in powder or capsule forms. When taken, it quickly causes hallucinations (imagining things that aren't there). Many people use it at raves, and it has also been used in date rapes.



What are other names for GHB? There are several other street names for GHB, but don't be fooled! It's all the same stuff. Some names are: "Liquid Ecstasy," "Grievous Bodily Harm," "Georgia Home Boy," "Liquid X," "Liquid E," "GBH," "Soap," "Scoop," "Easy Lay," "Salty Water," "G-Riffick," "Cherry Meth," "Nature's Quaalude," "Zonked," "Organic Quaalude," and "Somatomax."

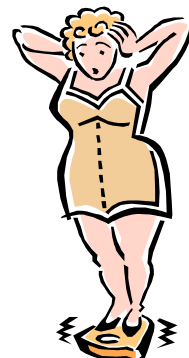
What happens when you take GHB? A small to average dose (5 ml-15 ml if liquid form, 1-2 grams if powder or capsule) can cause euphoria (extreme happiness) and relaxation. The more unpleasant side effects include nausea, drowsiness, difficulty breathing, dizziness, seizures, and loss of memory. These can happen within 15 minutes of taking the drug. Some people have fallen into comas and later died (see our 20/20 Video, GHB Update). If GHB is combined with alcohol, these effects are more severe. Also, the window between the dose that causes euphoria and coma is very narrow and is different for every person!



Withdrawal symptoms, if GHB is taken over a long period of time, include sweating, difficulty sleeping, muscle cramps, tremors (uncontrollable shaking), and anxiety. GHB can also intensify sexual feelings. This, combined with being under the influence, can lead to unsafe sex.

An important thing to remember is that drugs work differently on each person. One person may take GHB and live to tell about it, and someone else may easily overdose and die. *You never know how your body will react to something.*

Source: <http://www.health.org/pubs/qdocs/depress/ghb/frame.htm>



If GHB is so dangerous, why was it developed? Is it a new drug? GHB has been around for quite awhile, actually. In other countries, GHB was used as a health food product to promote weight loss and muscle development. It was also used as a sleep aid. Because of its side effects and potential dangers, safer drugs have been developed, and GHB has never been approved for sale as a medical product in the United States. Unfortunately, some people still manage to get GHB, and it has become very popular at raves (all night dance parties).

Is GHB the same kind of drug as Rohypnol? Chemically, the two drugs are different, but can cause the same effects (like alcohol and the sleep aid Nytol, are different, but both cause drowsiness). GHB has been associated with date rapes, because like Rohypnol, it causes extreme drowsiness, sometimes coma, and amnesia. People have had these drugs slipped into their drinks at bars, clubs, and raves, and have become victims of rape. Because both drugs can cause amnesia, some victims never even know what happened to them!

Is GHB Use Spreading? Yes. GHB use has been reported in 27 states. Most reports have come from California, Florida, Georgia, New York, and Texas.

What do I do if I think someone has given me GHB? Get medical attention immediately! Have someone stay with you at all times, especially if you are at a rave or club. Even if it seems that you are not having a bad reaction to GHB, the drug can be fatal. Also, you cannot be sure of the dose you received, so medical attention is crucial.



Source: <http://www.health.org/pubs/qdocs/depress/ghb/frame.htm>

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